

Ice Cream Swiss Roll

Can you find a better combination than ice cream and cake? Well, in this Swiss roll ice cream cake you have them both, all in one bite.



ICE CREAM SWISS ROLL

ColorYourRecipes.com

This is a fun Swiss roll, especially during the hot weather. And the best part of it, is that you can prepare way in advance and store in the freezer until you are ready to serve.

The recipe is super easy...just use a simple sponge cake batter...and instead of cream, fruit for the filling, I simply filled with ice cream...the choices in regards to flavors are countless...chocolate, vanilla, strawberry, coconut, lemon...you can mix and match any kind of flavor for the sponge cake with any flavor of ice cream...it is up to you to color it the way you want...

Ingredients:

- 3 eggs, separated
- 55 g cake flour
- $\frac{1}{4}$ teaspoon baking powder
- Pinch of salt
- 30 g vegetable oil, I used avocado oil
- 30 g milk
- 1 tsp vanilla extract
- 50 g sugar
- Ice cream of your choice (I used pistachio)





ICE CREAM SWISS ROLL

ColorYourRecipes.com



Method:

Have handy two 9 x 13 inch or 23 x 28cm baking trays, line one with parchment paper. To avoid the paper slipping, brush some butter on the try to “stick” the paper.

Preheat oven to 350F.

Mix together the flour, baking powder, salt and set aside.

In a large bowl whisk egg white to foamy and add sugar, continue to whisk the egg white at medium speed to form to stiff peaks. Do not over beat, as the egg white should still remain very shiny.

In another large bowl, mix egg yolks, vanilla extract, sugar, cooking oil and fresh milk together until a light pale yellow forms and the mixture is slightly thicken.

Combine the flour mixture to the egg mix. Mix gently until all the flour is well incorporated.

Fold the egg whites into the egg yolk/flour mix in 3 portions. Fold well with a spatula after each addition of egg white. Do not over mix.

Take out about 1 $\frac{1}{2}$ to 2 tablespoons of the cake batter and add 1 drop of red coloring liquid. Mix and pipe dots on the baking tray, with the help of a wooden toothpick, design your pattern by placing the tip of the stick in the middle of the dot and dragging outwards.

Place the tray in the preheated oven for about 1 minute. Transfer the parchment paper to other tray.

Pour the remaining batter onto the patterned tray. Make sure to spread the batter evenly with the spatula. Gently tap the tray on the table top to remove large air bubble trapped in the batter during mixing.

Place the tray in the oven and bake for approximately 10 minutes at 350F and then turn down the temperature to 325F and bake for another 5 minutes.

Remove the desired ice cream from the freezer and let it sit at room temperature for about 5 minutes.

When done baking, remove the cake from the tray and transfer onto a wire rack to cool. After cooling, flip the cake onto a plastic sheet.

Spoon the ice cream on the sponge cake. Spread evenly throughout the cake and gently roll up to make a Swiss roll.

Wrap with the plastic sheet and place the roll in the freezer for a couple of hours.

When it is time to serve, remove the Ice cream Swiss roll from the freezer, slice accordingly to the thickness you desire and let it sit for a couple of minutes at room temperature.





ICE CREAM SWISS ROLL

ColorYourRecipes.com

If you enjoy this recipe for Swiss roll, you might want to check on the Black Forest Swiss Roll recipe.

Thank you for stopping by Color Your Recipes...have a colorful week!